



DR. ASHLEY ZAPATA

Personal Development & Sport Performance

Skilled and dedicated mental health, sport performance, and wellness professional specializing in sport and performance psychology with Elite/Pro/Olympic athletes.

EDUCATION

2015 - 2019

ALLIANT INT'L UNIVERSITY, CA

Doctorate of Psychology in Clinical Psychology
Master of Arts in Clinical Psychology

- APA Accredited

2012 - 2014

GEORGE WASHINGTON UNIVERSITY, DC

Master of Professional Studies in Publishing

2008 - 2012

MARYMOUNT UNIVERSITY, VA

Bachelor of Arts in Communication

- Double Major: Merchandising
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EXPERTISE

Active listening

Mindful Self-Compassion

Project Management

Creative Innovations

Personnel Development

Strategic Relationships

CONTACTS

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EXPERIENCE

2023 - Current

DIRECTOR, PERSONAL AND SPORT DEVELOPMENT

SOL Performance+Consulting

- Design and develop a diverse range of programs promoting personal development through sports, catering to various age groups and skill levels
- Lead a team of coaches, trainers, and support staff, providing guidance, mentoring, and professional development opportunities
- Develop strategic plans and objectives for personal and sport development initiatives in alignment with organizational goals

2022 - 2023

WELLNESS COORDINATOR, MENTAL HEALTH CARE PROVIDER

Women's Tennis Association (WTA)

- Provided individual, short-term multiculturally sensitive sports performance counseling to elite/professional athletes
- Coordinated care for elite/professional athletes within a multi-disciplinary framework
- Traveled internationally to provide onsite tournament services to athletes
- Maintained confidentiality and discretion
- Developed educational materials and resources

EDUCATION

2017

ASHWORTH COLLEGE

Certificate Program in Sport Psychology for Peak Performance

2010 - 2011

UNIVERSITY OF JORDAN

Immersive International Experience

- Arabic Language and Culture Program

BOARD APPOINTMENTS

2021

ALSTON FOR ATHLETES

PROFESSIONAL MEMBERSHIPS

The American Psychological Association

Division 47, Society for Sport, Exercise and Performance Psychology

Association of Applied Sport Psychology

Alpha Kappa Alpha Sorority, Inc.

EXPERIENCE

2020 - 2022

SPORT PERFORMANCE CONSULTANT

Minnesota Timberwolves

- Provided individual mental health counseling for NBA athletes with diverse presenting concerns in a professional sport department setting Engaged in identification of, treatment planning for and referral of NBA athletes who require a higher level of or specialized mental health care

2022

TEAM MENTAL HEALTH PROVIDER

Minnesota Lynx

- Provided individual mental health counseling for WNBA athletes with diverse presenting concerns in a professional sport department setting Provided education and outreach to WNBA-athletes, coaches, and other department staff on mental health and well-being. Managed sensitive and confidential information related to WNBA athletes, coaches, and staff utilizing discretion and in accordance with procedures, laws, and ethical codes

2020 - 2022

SPORT PERFORMANCE CONSULTANT /ATHLETIC COUNSELOR

Premier Sport Psychology

(primarily housed in the University of Minnesota Intercollegiate Athletics department, with secondary time in a private practice setting providing services to Pro/Elite/Olympic athletes)

- Provided individual, short- and long-term multicultural-sensitive mental health counseling for student-athletes with diverse presenting concerns in an athletic department setting
- Provided group counseling for student-athletes
- Functioned as an integral member of a multidisciplinary sports medical team including athletic trainers, team physicians, psychiatrists and sport dietitians.
- Developed and support various initiatives to promote overall athlete health, resilience, and wellness in collaboration with various campus groups

MENTOR

2022

USA BASKETBALL WOMEN IN THE GAME

Provided mentorship over 6 months related to practical approaches to career development

MENTOR

2022

MOUNT SAINT MARY'S UNIVERSITY

Provided career mentorship related to sport psychology field and early career preparation

TEACHING

2022

UNIVERSITY OF DENVER

Adjunct Professor - CPSY 4676: Assessment and Measurement

2017-2018

ALLIANT INT'L UNIVERSITY

Teaching Assistant - Psychopharmacology

2017-2018

THE CONCERNED PARENTS ALLIANCE, INC.

Teacher/Advocate - Adolescent Athlete Group

2016

ALLIANT INT'L UNIVERSITY

Teaching Assistant - PSY/CJS 3000 Introduction to Professional Practice

EXPERIENCE

- Maintained excellent record-keeping and exhibit strong communication skills.
- Complied with all applicable National Collegiate Athletic Association (NCAA) regulations in the performance of job duties

2022 - Current

PROGRAM PROVIDER / CONSULTANT

Athlete Haven

- Develop and facilitate virtual programming for college athletes DI, II, and III related to mental health awareness
- Provide resources on mental wellness

2021 - Current

VIS EXPERT

Voice in Sport

- Provide expert level support to content creators in the VIS platform
- Engage with athletes to foster effective mental wellness strategies
- Develop and facilitate virtual 1:1 and group sessions related to mental health, wellness, and sport performance

2020 - 2021

POST DOCTORAL RESIDENT

Cornell University, Counseling and Psychological Services / Athletics

- Specialized in student-athlete services at the Division I level (mental health and performance based)
- Collaborated as part of multidisciplinary teams including psychiatrists, psychologists, nurses, and social workers when responding to challenging acute cases Conducted
- and receive training in mental health triage, evaluation and assessments, individual and group psychotherapy, community based comprehensive outreach interventions, crisis intervention, and consultation with faculty, staff, and parents regarding student mental health issues

PUBLICATIONS

Zapata, A. (2024). Both/and: Creating space for compassion in complexity. Amazon.
<https://www.amazon.com/dp/B0DL41NJWL>

Zapata, A. (2019). Athletic identity development of high school football players and coping with stress and worldview (Order No. 13865888). Available from ProQuest Dissertations & Theses Global. (2235430261).

Smith, K., Stolberg R., & Zapata, A. (2016, February). A Review of Eating Behaviors, Body Image Concerns, and Personality Factors of Competitive Bodybuilders. Poster session presented at the Annual Sport Psychology Conference at the California School of Professional Psychology at Alliant International University, San Diego, CA.

RESEARCH

Julii Green, PhD
Alliant International University
August 2016 – May 2017

Responsibilities:

- Assisted faculty member on research projects and duties related to wellness-based approaches to addressing health disparities in ethnically diverse and marginalized communities
- Utilized techniques and procedures to obtain original data in addition to data entry and processing
- Assisted in the preparation of reports and other publications

Miles Beauchamp, PhD
Alliant International University
August 2015 – May 2016

Responsibilities:

- Completed literature review of studies related to social media as an educational tool
- Surveyed and collected data pertaining to the utilization of social media
- Participated in the creation of grant proposals for continued social media research

EXPERIENCE

2018 - 2019

PRE DOCTORAL INTERN

The George Washington University

- Specialized in student-athlete services at the Division I level (mental health and performance based) Provided
- short term individual counseling, group counseling, in a multidisciplinary environment as well as outreach to undergraduate and graduate students who present with a wide range of concerns including adjustment disorders, mood disorders, relationship concerns, stress and anxiety concerns, developmental issues, as well as alcohol and other drug concerns Utilized a Stepped Care Approach

2017 - 2018

PRACTICUM COUNSELOR

University of San Diego

- Specialized in student-athlete services at the Division I level (mental health and performance based)
- Provided short term individual counseling, group counseling, intakes, assessment, and outreach to USD students who present with a wide range of concerns

2017

ACTION TEAM CORRESPONDENT

National Partnership to End Interpersonal Violence Across the Lifespan: Global Partners for Peace, 9th Annual Forum

- Recorded notes related to the forum meeting of Action Team 3 which focuses on reducing the impact of previous trauma and breaking the cycle that perpetuates violence and trauma in people's lives
- Presented notes in a presentation format to the forum collective in order to share the goals of the group, completed items, and policy draft updates

RESEARCH

Robert Geffner, PhD
Institute on Violence, Abuse and Trauma (IVAT)
October 2015 – December 2015

Responsibilities:

- Reviewed assessment data
- Completed database input
- Assessment data analyzed and recorded included (but not limited to):
 - Parent Parent-Child Relationship Inventory (PCRI)
 - Wechsler Individual Achievement Test (WIAT)
 - Personality Assessment Inventory (PAI)
 - Detailed Assessment of Posttraumatic Stress (DAPS)
 - The Minnesota Multiphasic Personality Inventory (MMPI)
 - Millon Clinical Multiaxial Inventory (MCMI)
 - Children's Depression Inventory (CDI)
 - The Wechsler Adult Intelligence Scale (WAIS)

EXPERIENCE

2017

PSYCHOLOGICAL EVALUATION & REPORT WRITING ASSISTANT

Psychological Mobile Services

- Assisted in completing psychological evaluation reports for children, adolescents, and special populations

2016 - 2017

PRACTICUM COUNSELOR/BEHAVIORAL INTERN

Sharp Pain Rehabilitation Program (Sharp Hospital/Clinic)

- Curated programming for elite/professional athletes undergoing pain rehabilitation
- Provided behavioral intervention in an interdisciplinary, hospital-based, outpatient, chronic pain rehabilitation program
- Facilitated short term therapy in both individual and group settings
- Utilized Cardiorespiratory, Muscle Tension (EMG), and Blood Vessel Constriction (BVC) Biofeedback

2015 - 2016

PRACTICUM COUNSELOR

Alliant Couple and Family Clinic

- Conducted phone intakes with clients seeking individual and couples therapy
- Co-facilitated adolescent group therapy sessions held at Thurgood Marshall Middle School
- Participated in training modules and externships to further knowledge of Emotionally Focused Therapy (EFT)
- Maintained accurate call logs for all incoming clinic calls